

# 75 workout routines All **MACBARZ** routines



**MACBARZ**

ABS - IN PARK  
10 MINUTES

DO 5 CYCLES


MADBARZ

# Beginner



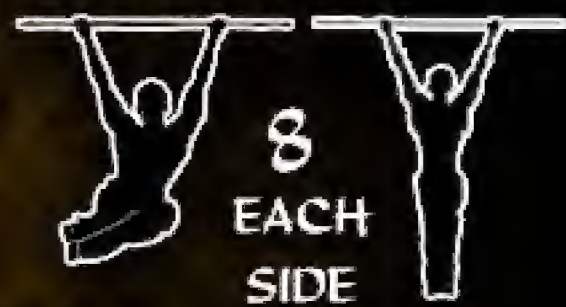
MADBARZ



 **BEGINNER**



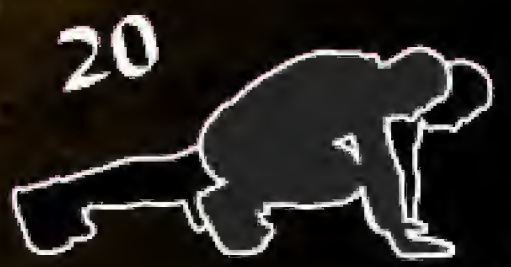
**LEG  
RAISES**  
GO DOWN  
CONTROLLED  
AND SLOW



**HANGING  
OBLIQUE  
RAISES**



**KNEE  
RAISES**



**HALF  
BURPEES**

**START**

**FINISH**







**BEGINNER**

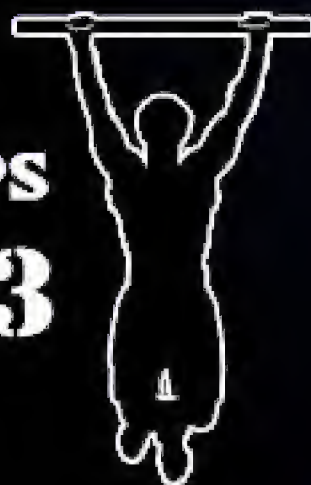
**4**

**NEGATIVE  
CHIN UPS**



**PULL UPS**

**3**



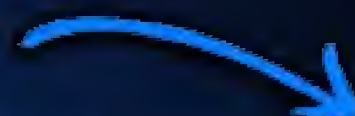
**START**



**7**



**INCLINE  
CHIN UPS**



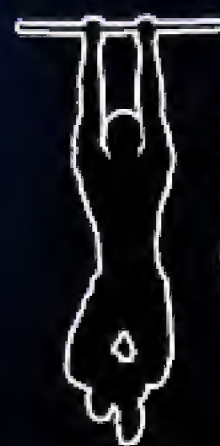
**3**



**WIDE  
PULL UPS**



**4**




**SHOULDER  
WIDTH  
CHIN UPS**

**FINISH**






 **BEGINNER**



**START**

**FINISH**



 **BEGINNER**

**DECLINE  
PUSH UPS** **8**



**REGULAR  
PUSH UPS** **10**



**DIPS** **5**



**INCLINE  
PUSH UPS** **15**



**20 sec** **PUSH UP  
HOLD**



**CLOSE HANDS  
PUSH UPS** **10**



**WIDE  
PUSH UPS** **10**



**START**

**FINISH**





**BEGINNER**



**45 SEC**  
**JUMPING JACKS**

**5**

**DIPS**



**100 M**

**RUN**



**START**

**PUSH UPS**

**8**



**30 SEC**

**ALTERNATING HIGH KNEES**



**MOUNTAIN CLIMBERS**

**30 SEC**



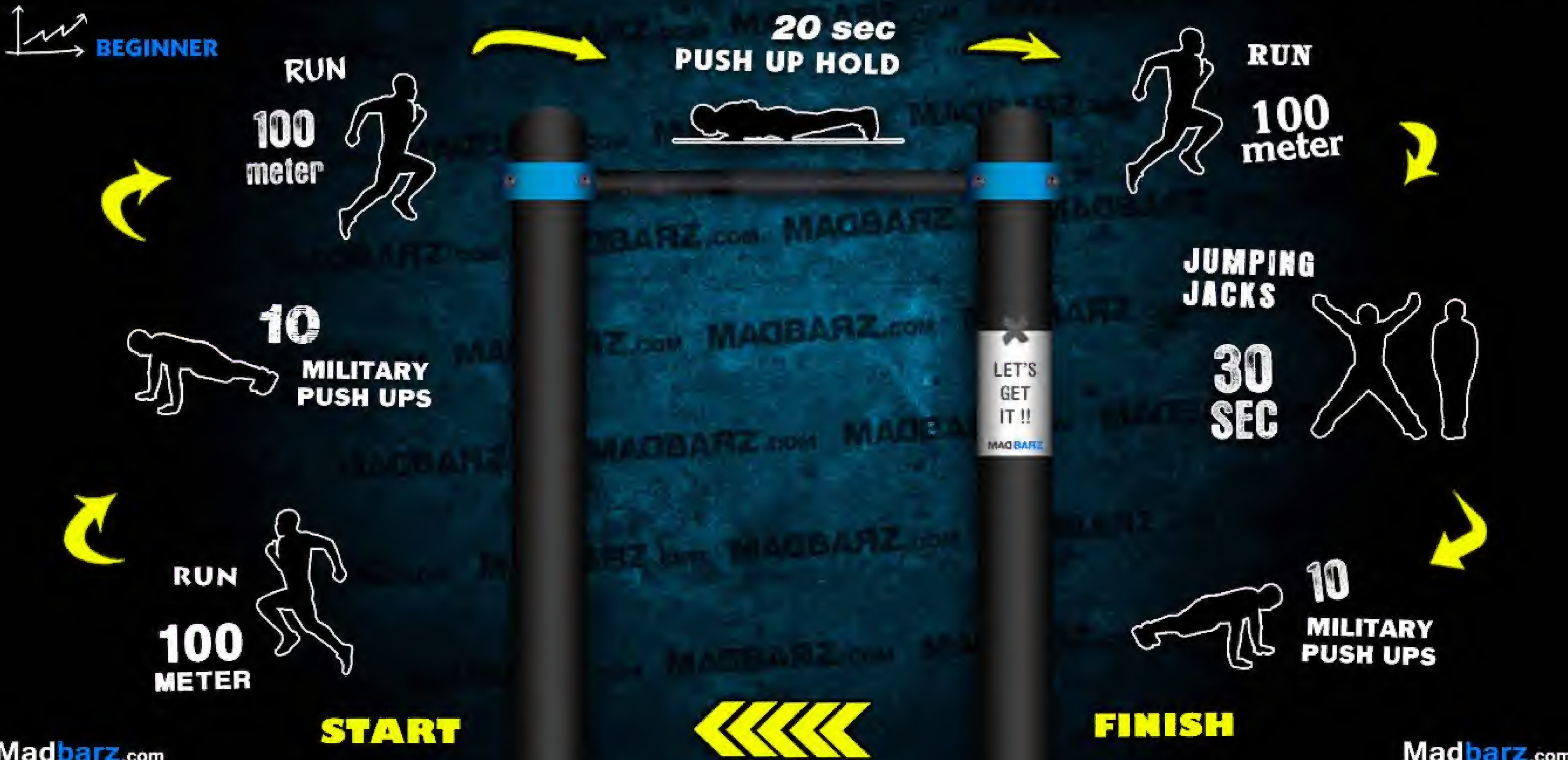
**15 SEC PLANK**



**FINISH**











**BEGINNER**



**CALF RAISES**  
EACH LEG

**15**

**SIT-UPS!**

**15**



**1 MIN**  
**JUMPING  
JACKS**



**START**

**AUSTRALIAN  
PULL UPS**

**7**



**SQUATS**

**8**



**8**  
**BENCH  
DIPS**

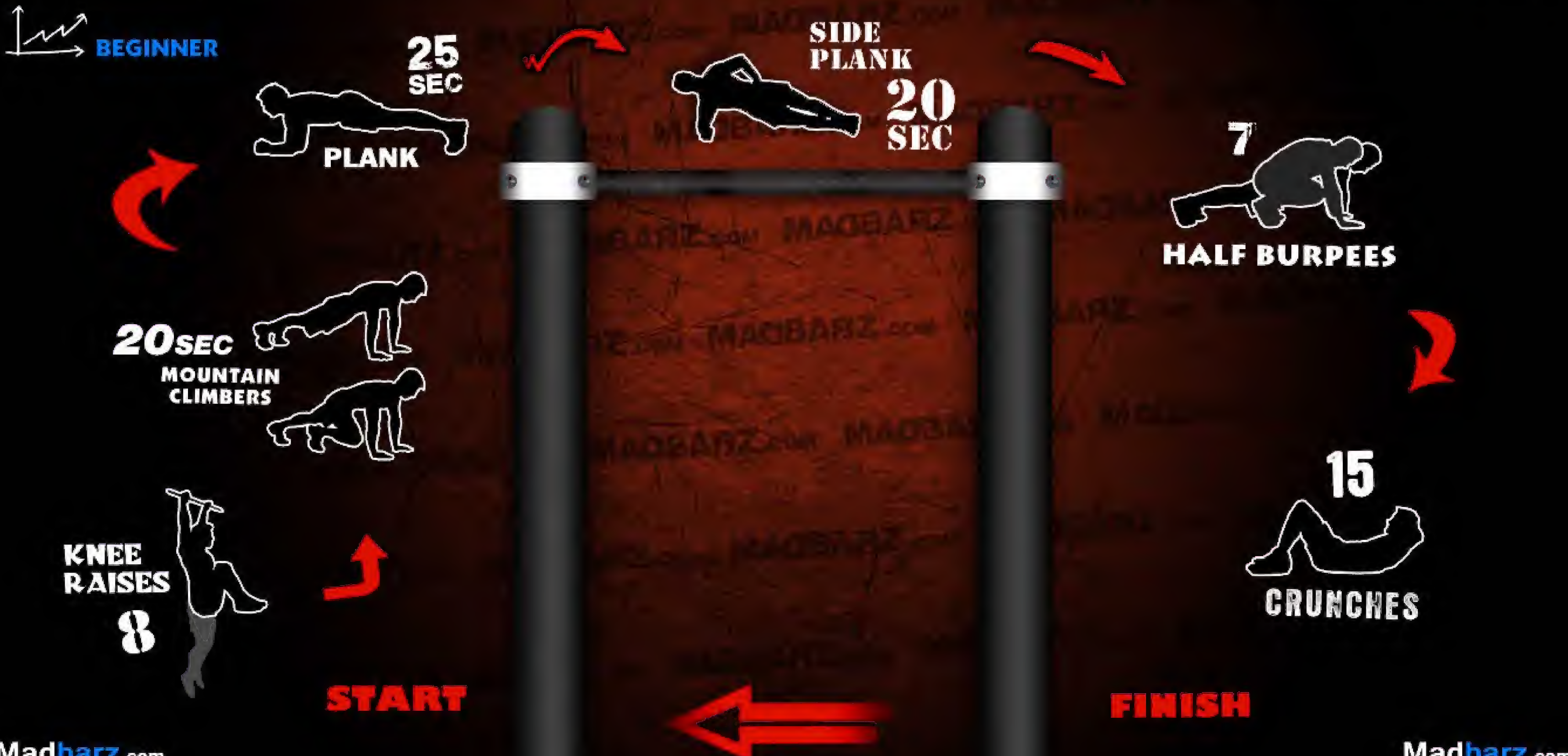


**2**

**CHIN  
UPS**

**FINISH**











# LEG ROUTINE

by MADBARZ.COM

## DO 4 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND 45 SEC  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE

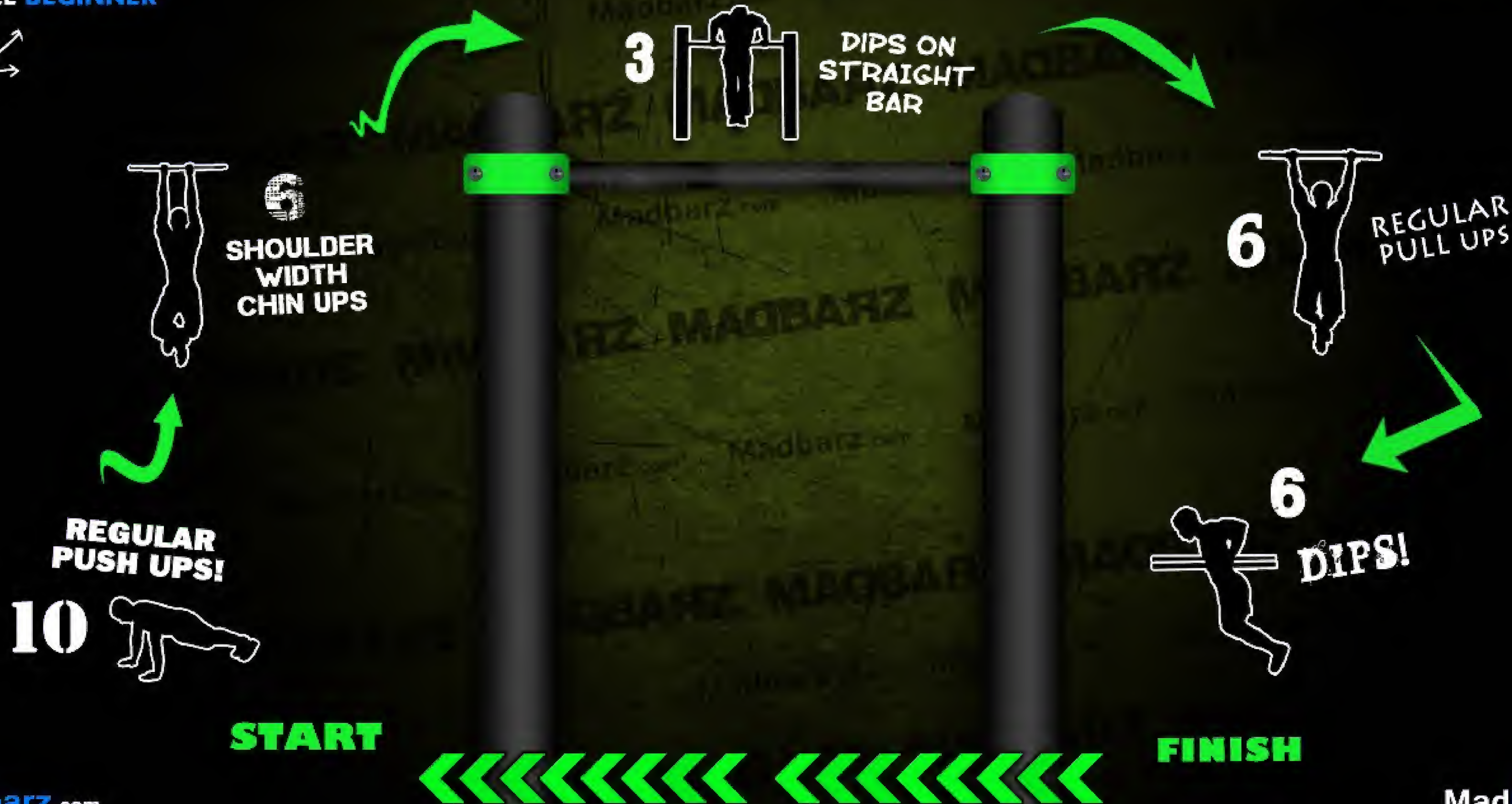


**START**

**FINISH**



LEVEL **BEGINNER**





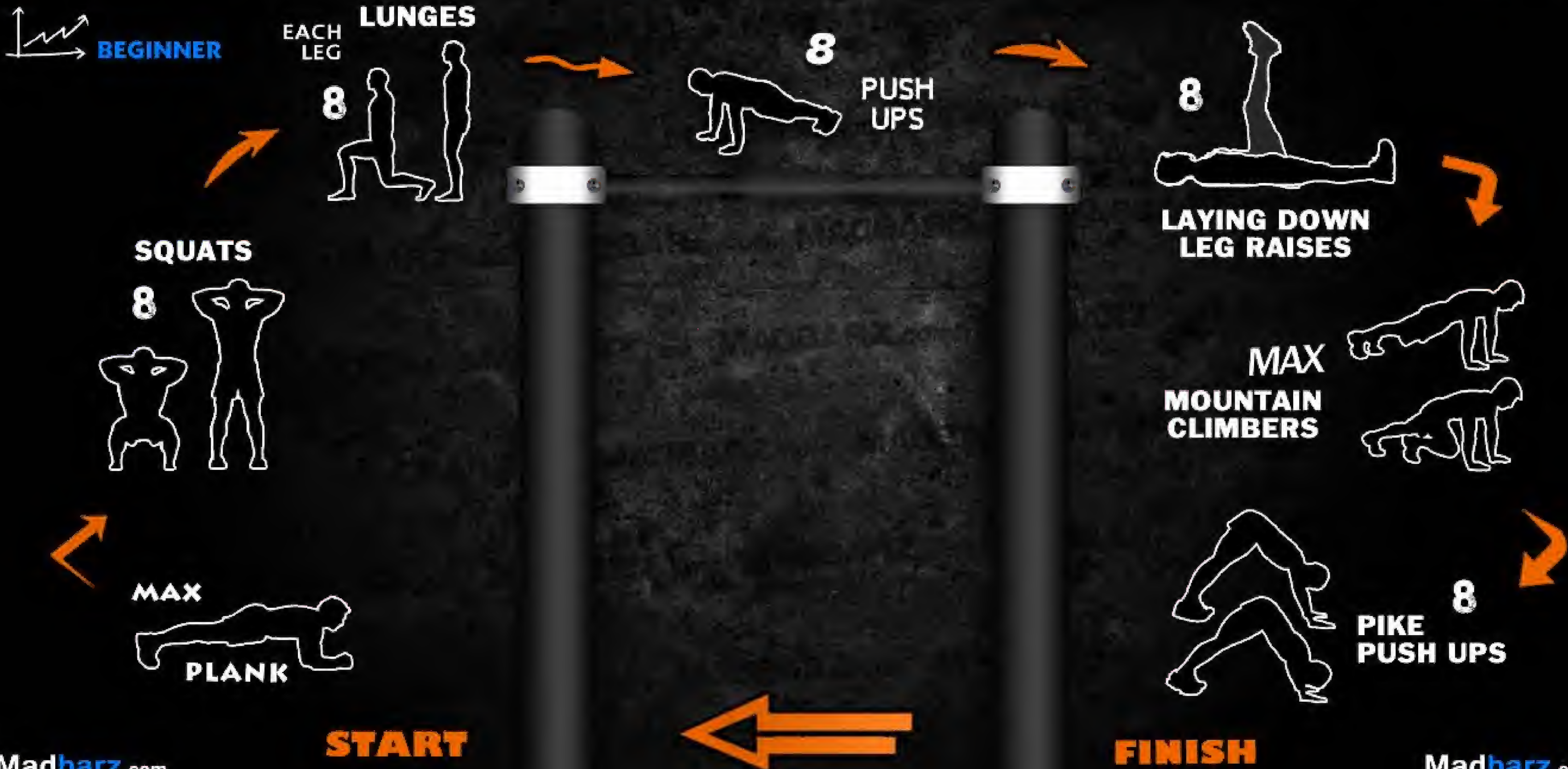
# NO EQUIPMENT - 8

by MADBARZ.COM

## DO 4 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND 45 SEC  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE





 **BEGINNER**

**15**  
**INCLINE  
PUSH UPS**



**10**  
**INCLINED  
CHIN UPS**



**5**  
**NEGATIVE  
CHIN UPS**



**5**  
**PULL  
UPS**



**8**  
**HINDU  
PUSH UPS**



**10**  
**PUSH  
UPS**



**START**



**FINISH**



# ROUTINE 4 GIRLS

by MADBARZ.COM

## DO 4 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND 45 SEC  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



BEGINNER

HANGING  
OBLIQUE  
RAISES



8

EACH  
LEG

LUNGES

10

EACH  
LEG



30 SEC

MOUNTAIN  
CLIMBERS



START



100  
meters

RUN



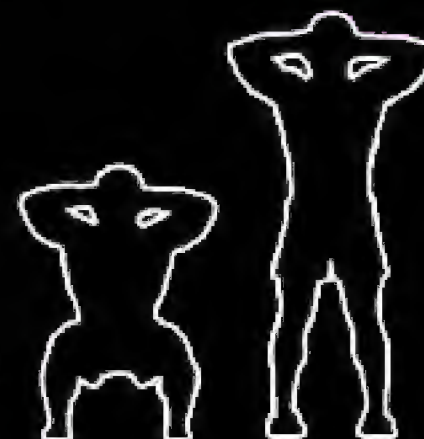
JUMPING  
JACKS

1 MIN



15

SQUATS



5

HANGING  
LEG RAISES



FINISH





# SHOULDER ROUTINE


by MADBARZ.COM

## DO 5 CYCLES

2 MIN REST BETWEEN EACH CYCLE AND 45 SEC REST BETWEEN EXERCISES





 **BEGINNER**

**JUMPING JACKS**

**1 MIN**



**DIPS**  
**6**



**SQUATS**

**15**



**AUSTRALIAN  
PULL UPS**

**10**



**MAX  
PLANK**



**15**



**INCLINE  
PUSH UPS**

**CLOSE GRIP  
CHIN UPS**

**6**



**START**

**FINISH**









ABS & CORE ROUTINE  
by Christopher Scott Jones

DO 4 CYCLES

1. 10-15 MINUTE  
WARM UP  
2. 10-15 MINUTE  
CORE ROUTINE

MADBARZ  
MADBARZ.COM

Medium

b

Brahim Pixel



MADBARZ



**ABS & CORE ROUTINE**  
by CHAZYNASH BAR-RISAN

**DO 4 CYCLES**

**3 MIN** REST BETWEEN  
EACH CYCLE AND **30 SEC**  
REST BETWEEN EXERCISES



 **MEDIUM**





**ABS ROUTINE** ON PULL UP BAR  
by LAZAR NOVOVIC

**DO 5 CYCLES**

**1 MIN** REST BETWEEN  
CYCLES AND **MINIMUM** REST  
BETWEEN EXERCISES



 **MEDIUM**

**10** LEG  
RAISES  
TO BAR



**10**



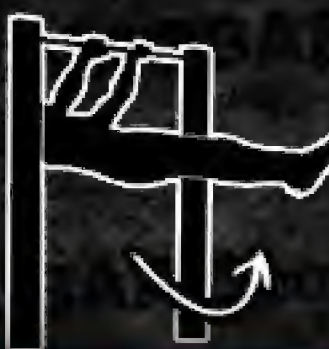
**STRAIGHT LEG  
IN AND OUTS**




**10**  
LEG RAISES  
90 DEGREE

**START**

**10**



**FRONT  
LEVER  
RAISES**



**30**  
KNEE  
RAISES



**15 SEC**  
90 DEGREE  
LEGS HOLD



**FINISH**

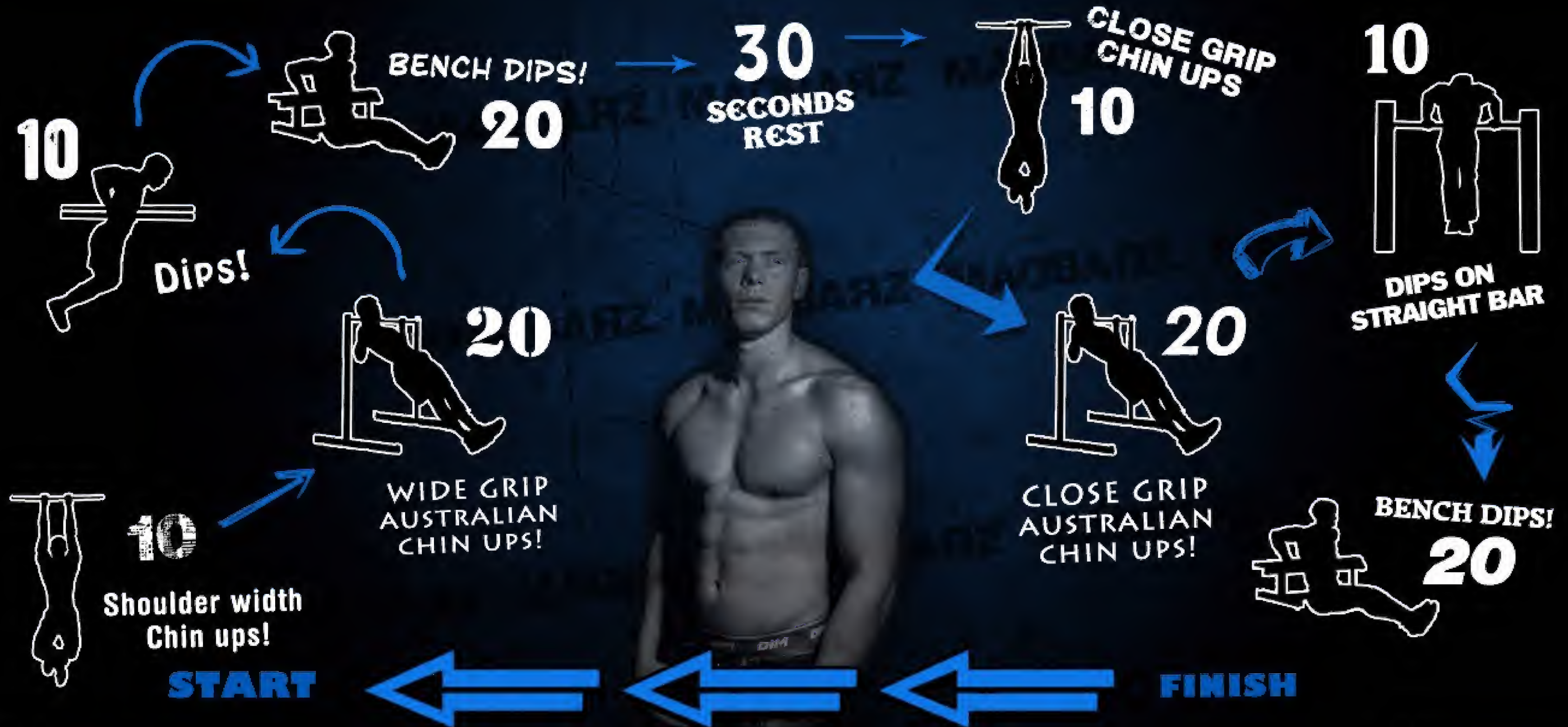


# ARM ROUTINE

by NICO DECRAENE

DO THIS ROUTINE 5 TIMES  
GOOD FORM AND SLOW SO YOU CAN FEEL IT BURN!

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GLOBAL STREET WORKOUT WEBSITE





# BACK LEVER HUNT

by MADBARZ.COM

## DO 6 CYCLES

1 MIN REST BETWEEN  
CYCLES AND MINIMUM REST  
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE





# BACK ROUTINE

by RANJIT BHACHU

DO THIS ROUTINE 3 TIMES  
GIVE A TOTAL OF 90 REPS AND 30 SECONDS HOLD

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GLOBAL STREET WORKOUT WEBSITE



5

5

5

5

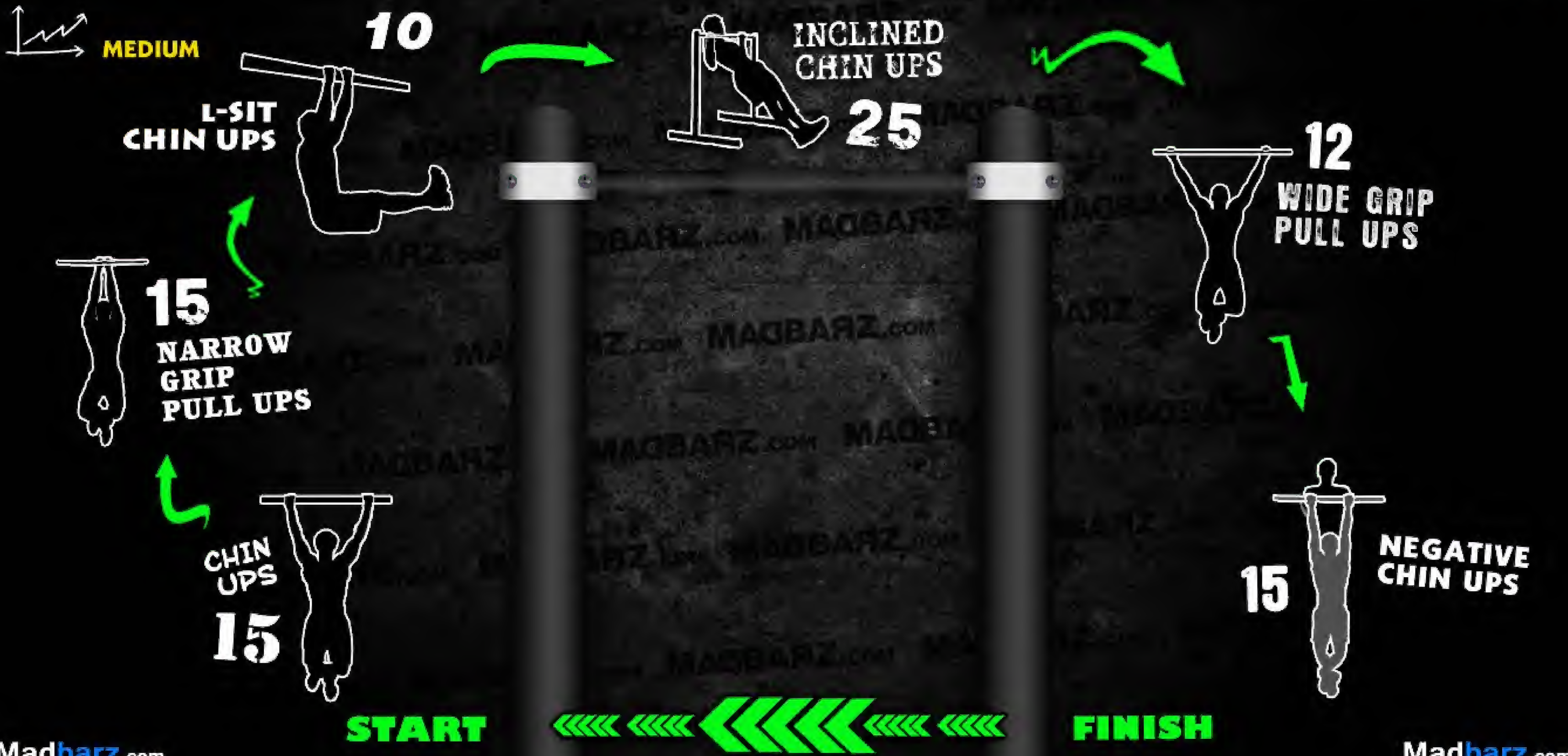
10

WIDE  
PULL UPS

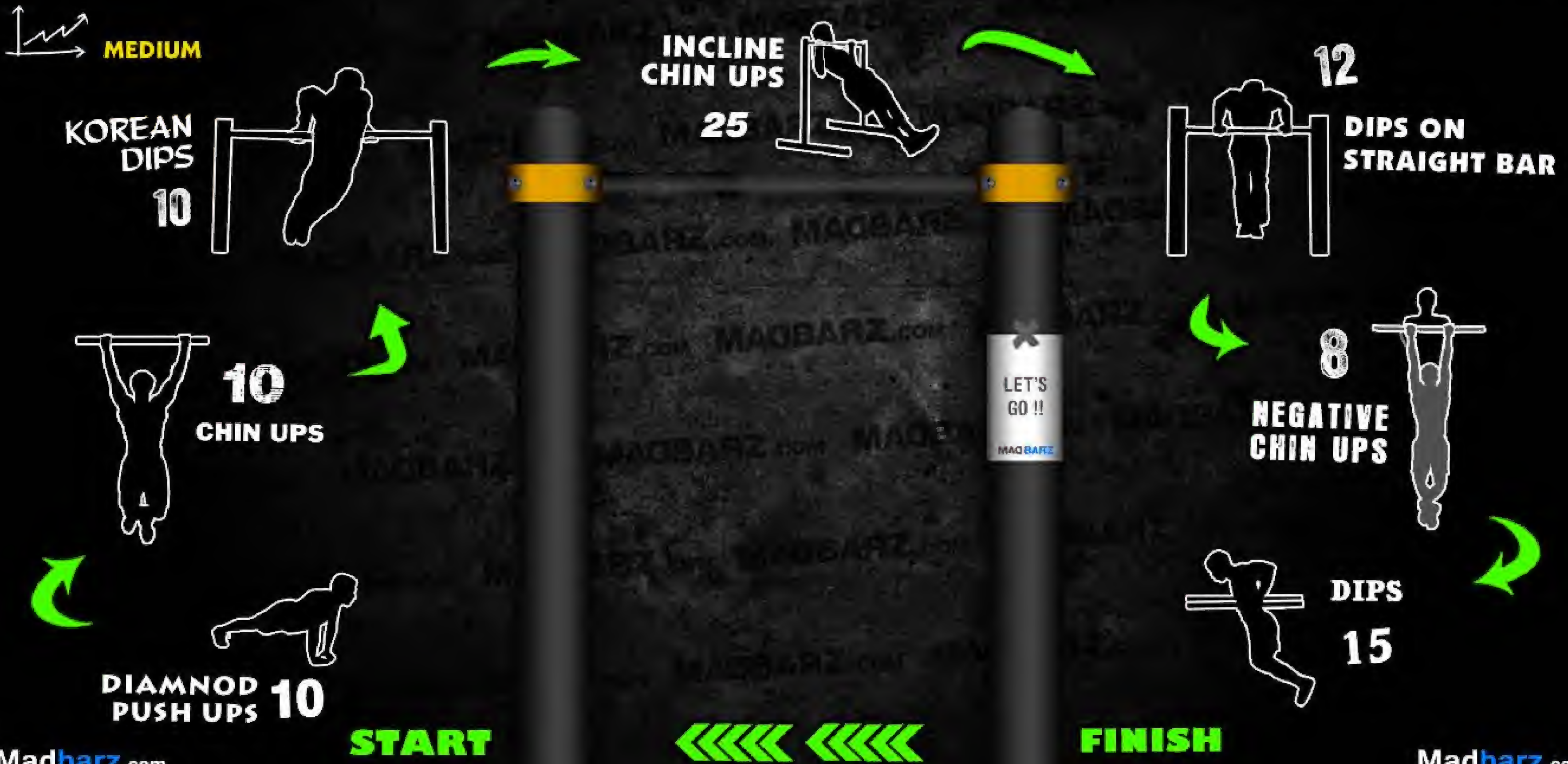
START

FINISH















# CHEST ADDICT

by **MADBARZ.COM**

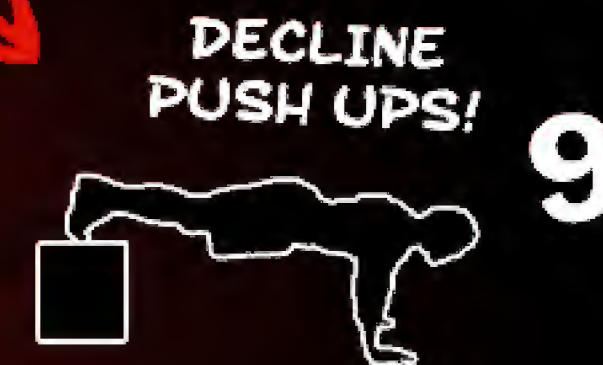
## DO **4** CYCLES OR MORE

**MINIMUM** REST BETWEEN EXERCISES, **3MIN** REST EACH CYCLE

# MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL **MEDIUM**



**DIPS ON  
STRAIGHT BAR**

**START**



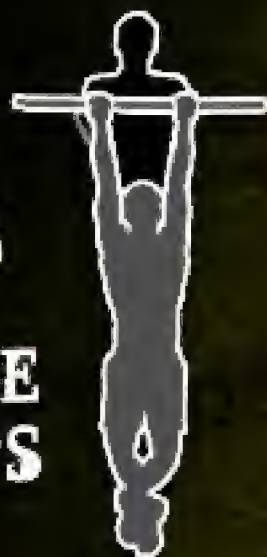
**FINISH**





**MEDIUM**

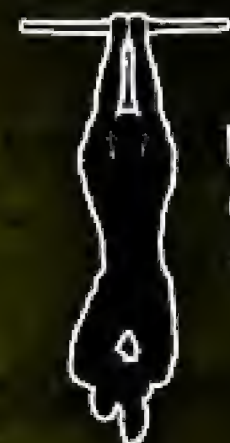
**15**  
**NEGATIVE  
CHIN UPS**



**15**  
**PULL UPS**

**START**

**DIAMOND  
PUSH UPS**  
**20**



**15**  
**NARROW  
GRIP  
CHIN UPS**



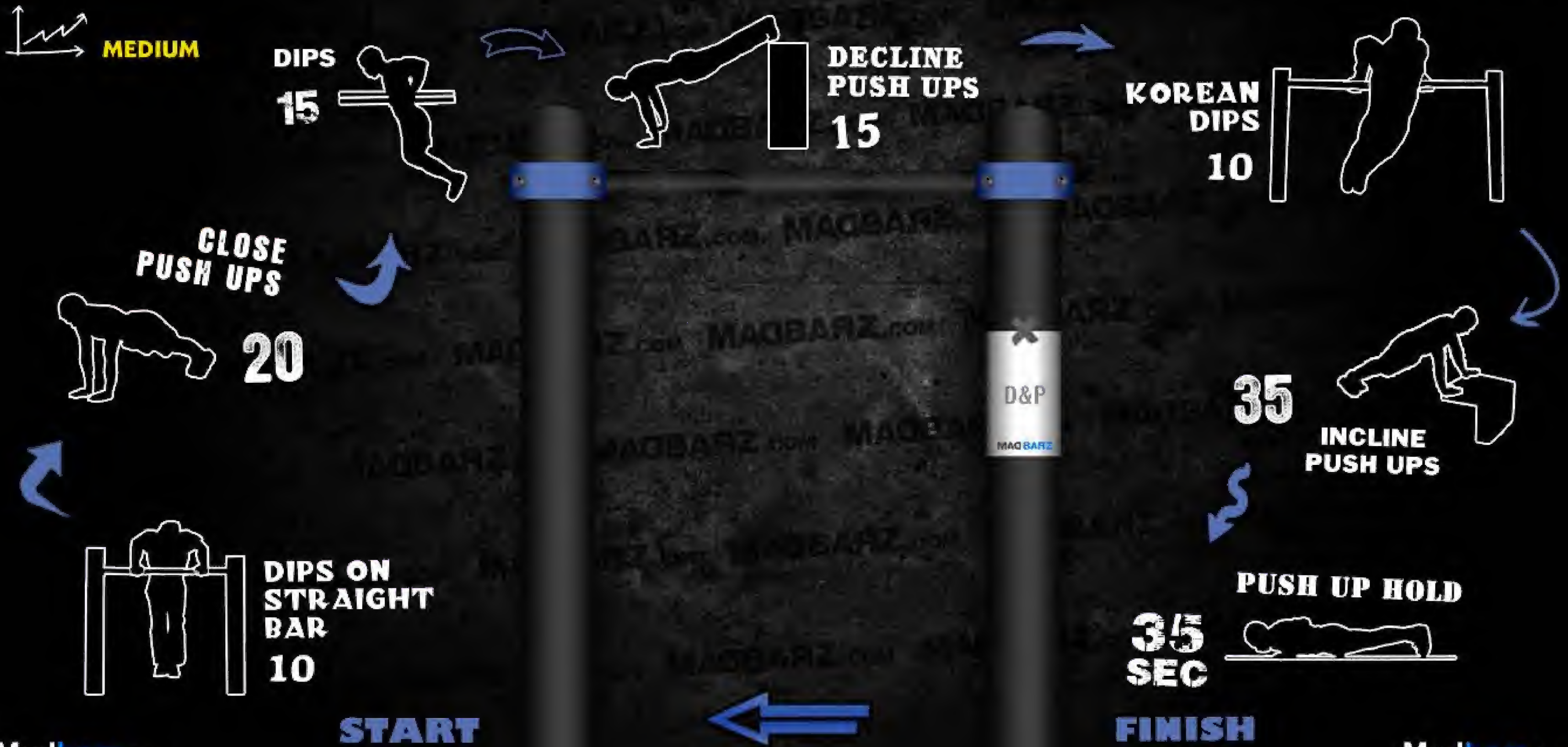
**WIDE  
PULL UPS**  
**15**



**15**  
**WIDE  
CHIN UPS**

**FINISH**







# FRANK'S KILLER ABS

by FRANK MEDRANO

## DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 3MIN REST AFTER EACH CYCLE

### MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM



START



FINISH



# FRONT LEVER HUNT

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN CYCLES AND MINIMUM REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE





# FULL BODY FAT BURNER

by MADBARZ.COM

## DO 3 CYCLES

2 MIN REST BETWEEN CYCLES AND MINIMUM REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE





# FULL BODY ROUTINE

by LUIS RODRIGUES

# EXPLOSIVE AND ENDURANCE ROUTINE

SHOULDERS, BACK, CHEST, BICEP, TRICEP, LEGS AND AB'S

MADBARZ

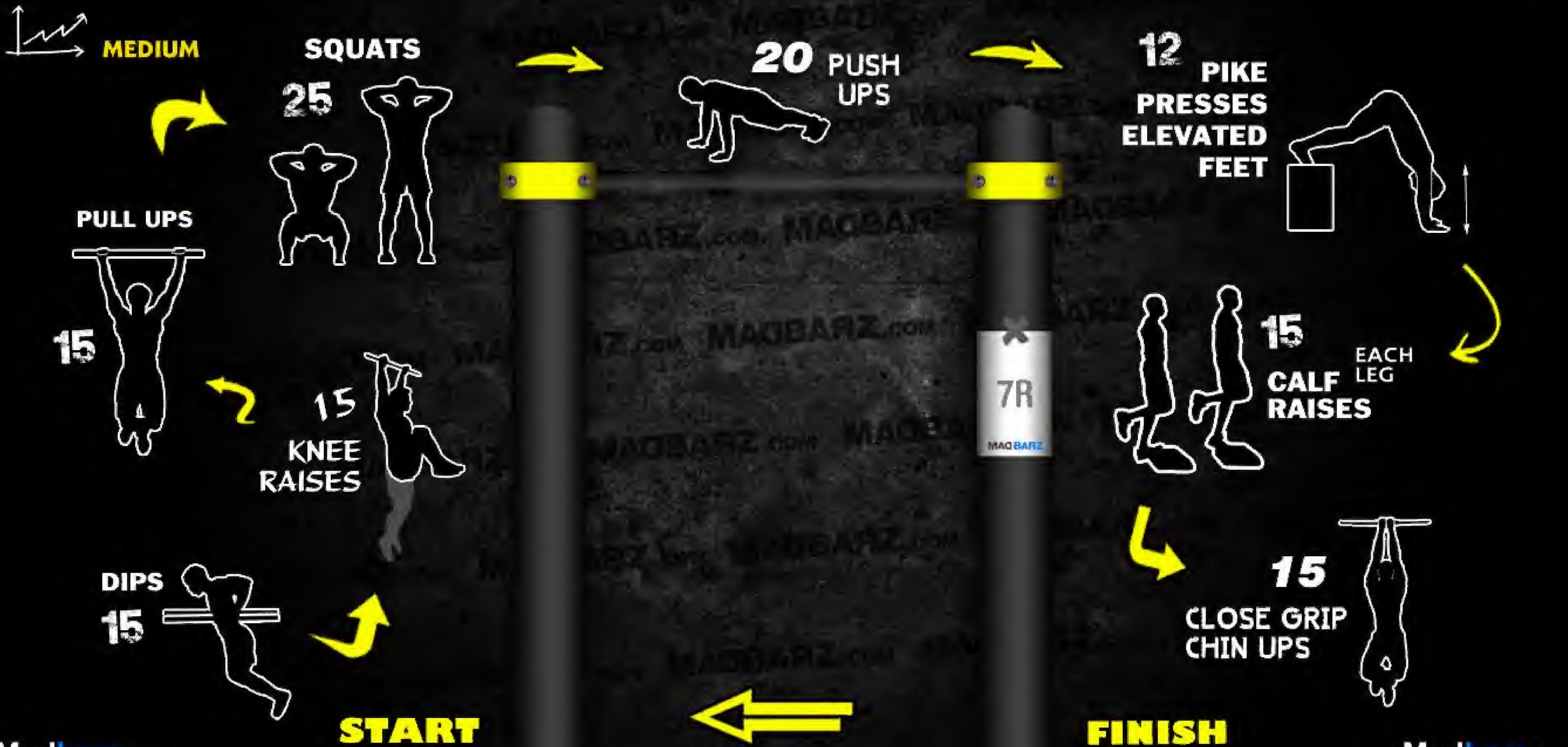
GLOBAL STREET WORKOUT WEBSITE




START

FINISH







 **MEDIUM**

**SPRINT  
100M**



**STATIC HOLD  
PULL-UPS**



**8**

**LATERAL LUNGE WALK OUTS**  
**20**  
EACH SIDE



**SHUTTLE  
PUSH UPS**



**10**

**SPRAWL  
JUMPS**



**20**

**10**  
EACH LEG  
**SINGLE LEG  
BURPEES**



**SPLIT LEG  
V-UPS**



**15**

EACH LEG

**START**

**FINISH**



# HARD BODY ROUTINE

by SHERMAN MATHIS

## DO 3 CYCLES

4 MIN REST BETWEEN  
CYCLES AND 2 MIN REST  
BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE





# HUMAN FLAG PATH

by KEVIN SOLER

## DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 4MIN REST AFTER EACH CYCLE

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM



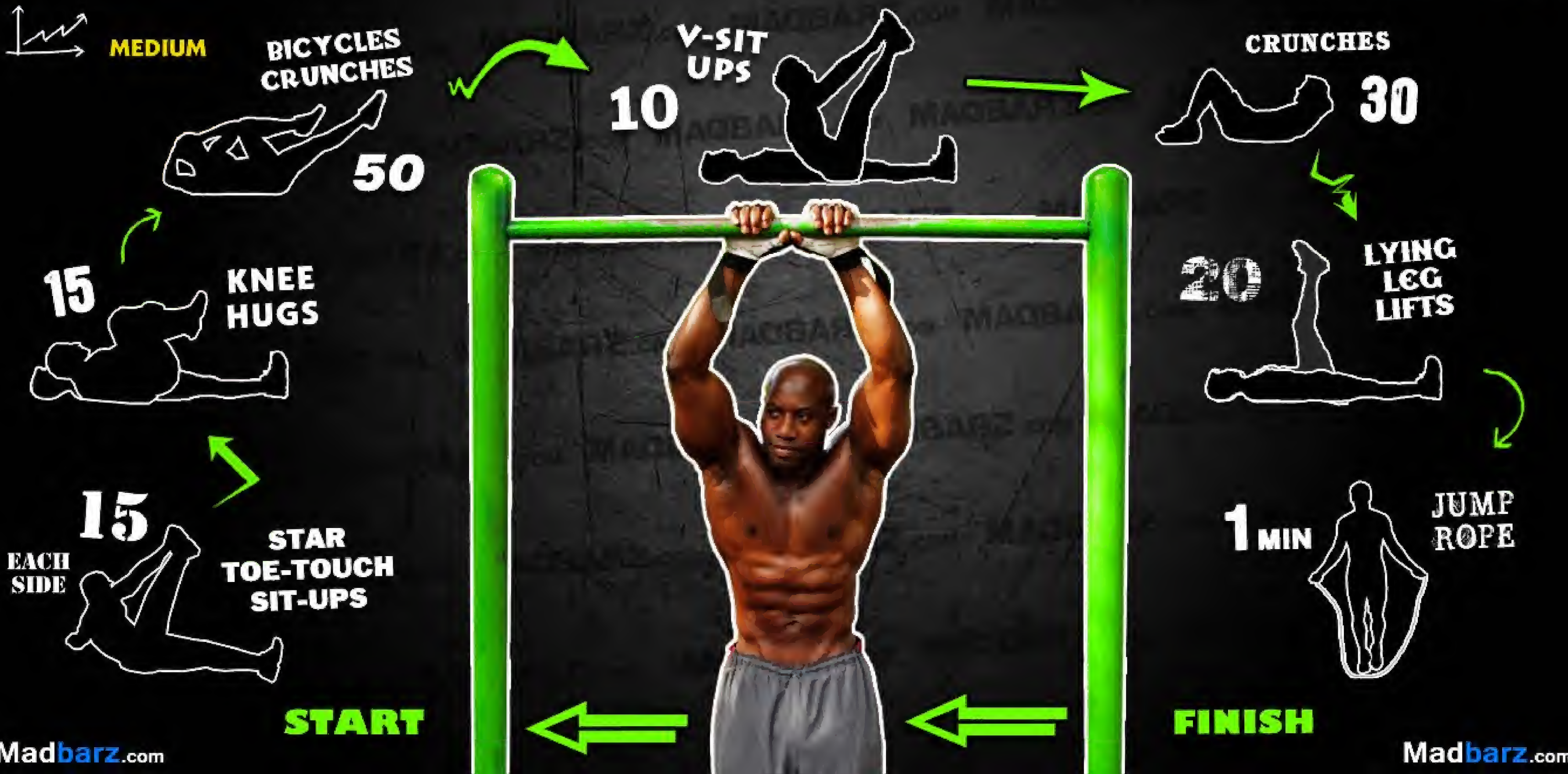


# KILLER ABS ROUTINE

by HIT RICHARDS

## DO 5 CYCLES

2-3 MIN REST BETWEEN CYCLES AND 10 SEC REST BETWEEN EXERCISES





# KILLER KIWI

by TOREA TEPAKI

## DO 4 CYCLES

2 MIN REST BETWEEN  
EACH CYCLE AND 30 SEC  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



**MEDIUM**



EACH  
**20** LEG  
**BULGARIAN  
SPLIT SQUATS**

**DIPS  
+  
KNEE RAISES**

**15**



ONCE AT THE TOP OF DIP,  
DO THE KNEE RAISE.  
THAT'S ONE REP.



**10**

**LEG  
RAISES**



**10**

**MUSCLE  
UPS**

**SQUATS**

**30**



**JUMPING JACKS**



**1 MIN**

**30** PUSH  
UPS



**START**

**FINISH**

**10**

**CHIN UPS**









# LEG ROUTINE

by MADBARZ.COM

## DO 2 CYCLES

MINIMUM REST BETWEEN EXERCISES, 5 MIN REST AFTER EACH CYCLE

# MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL **MEDIUM**



10



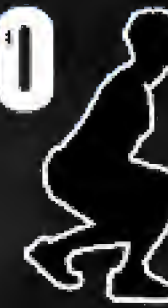
SQUAT  
JUMPS  
WITH  
180 TURN

15



JUMPING  
JACKS

20



DUCK  
WALK

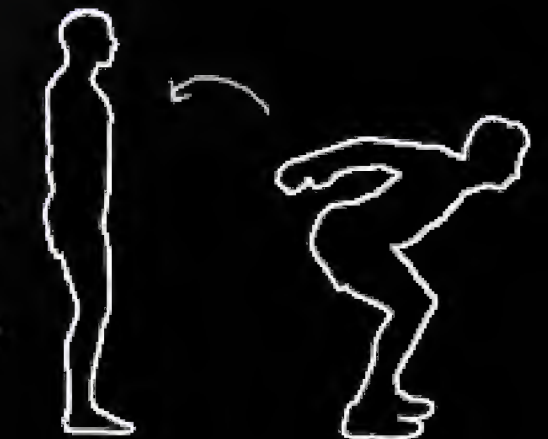
15



FORWARD JUMPS

15

BACKWARD  
JUMPS!



15

VERTICAL  
JUMPS!



WALKIN  
LOUNGES

25



START

FINISH





# LUCKY NUMBER 7

by COREY HALL

## DO 2-3 CYCLES

5 MIN REST BETWEEN CYCLES AND 30 SEC REST BETWEEN EXERCISES



 MEDIUM





# MANIAC ROUTINE

by JORDAN HILL

## DO 2 CYCLES

5 SECONDS REST BETWEEN EXERCISES, 8 MIN REST AFTER EACH CYCLE

# MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM





# MECKANIMAL LEG ROUTINE

by GODFROY ALI

DO 5 CYCLES

MINIMUM REST  
BETWEEN  
CYCLES AND EXERCISES









# NO BARZ NO GLORY

by BLAKE BEHREND

## DO 3 CYCLES

2 MIN REST BETWEEN  
EACH CYCLE AND 45 SEC  
REST BETWEEN EXERCISES


**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE

 **MEDIUM**

**10x 1**  
**WIDE GRIP  
PULL UPS**



**FRONT LEVER  
SWING**



**1**

**20**  
**LEG  
RAISES**



**MUSCLE  
UPS**



**8**

**START**



**JUMP ON  
HIGHER  
PLATFORM**



**20**

**AUSTRALIAN  
PULL UPS**



**30**

**TYPEWRITER  
PULL UPS**



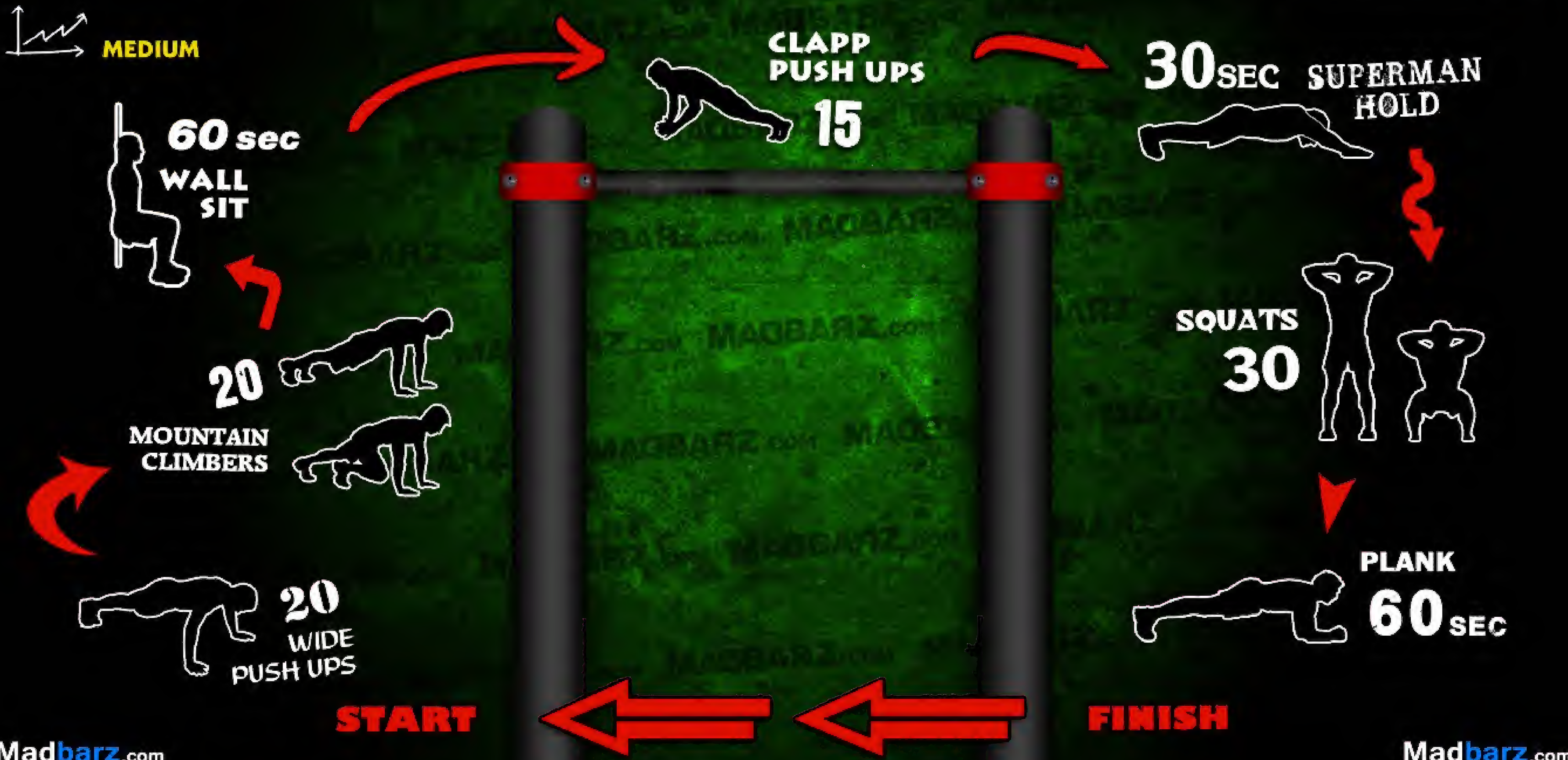
**10**

**30 sec  
L SIT  
BICYCLES.  
PULLED UP**  
(chin above bar)



**FINISH**







# PARK ABS ROUTINE

by MADBARZ.COM

## DO 4 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND MINIMUM  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

10



WINDSHIELD  
WIPERS

20



CRUNCHES

10



FULL  
LEG RAISES

START

10

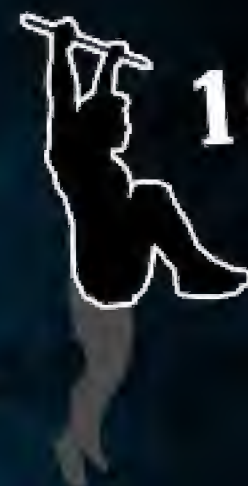
EACH  
SIDE



HANGING  
OBLIQUE  
RAISES

10

KNEE RAISES



20



CRUNCHES

10

HANGING  
LEG RAISES



FINISH



SHOW  
TO 1  
FRIEND

MADBARZ



# PARRALLEL BAR ROUTINE

by CALI MOVE

## DO 4 CYCLES

3 MIN REST BETWEEN CYCLES AND 1 MIN REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE

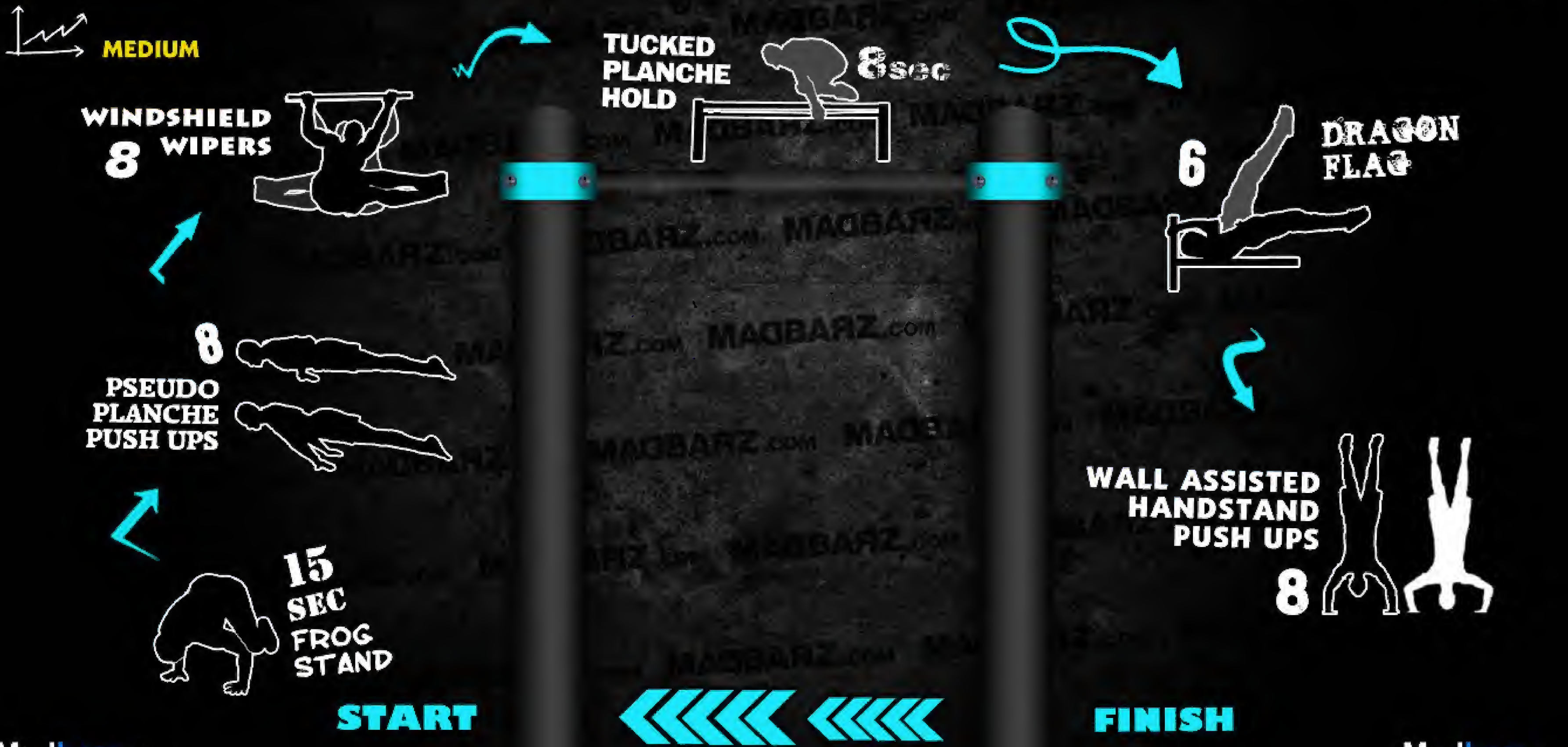
 **MEDIUM**



**START** <<<< <<<<

>>>> **FINISH**

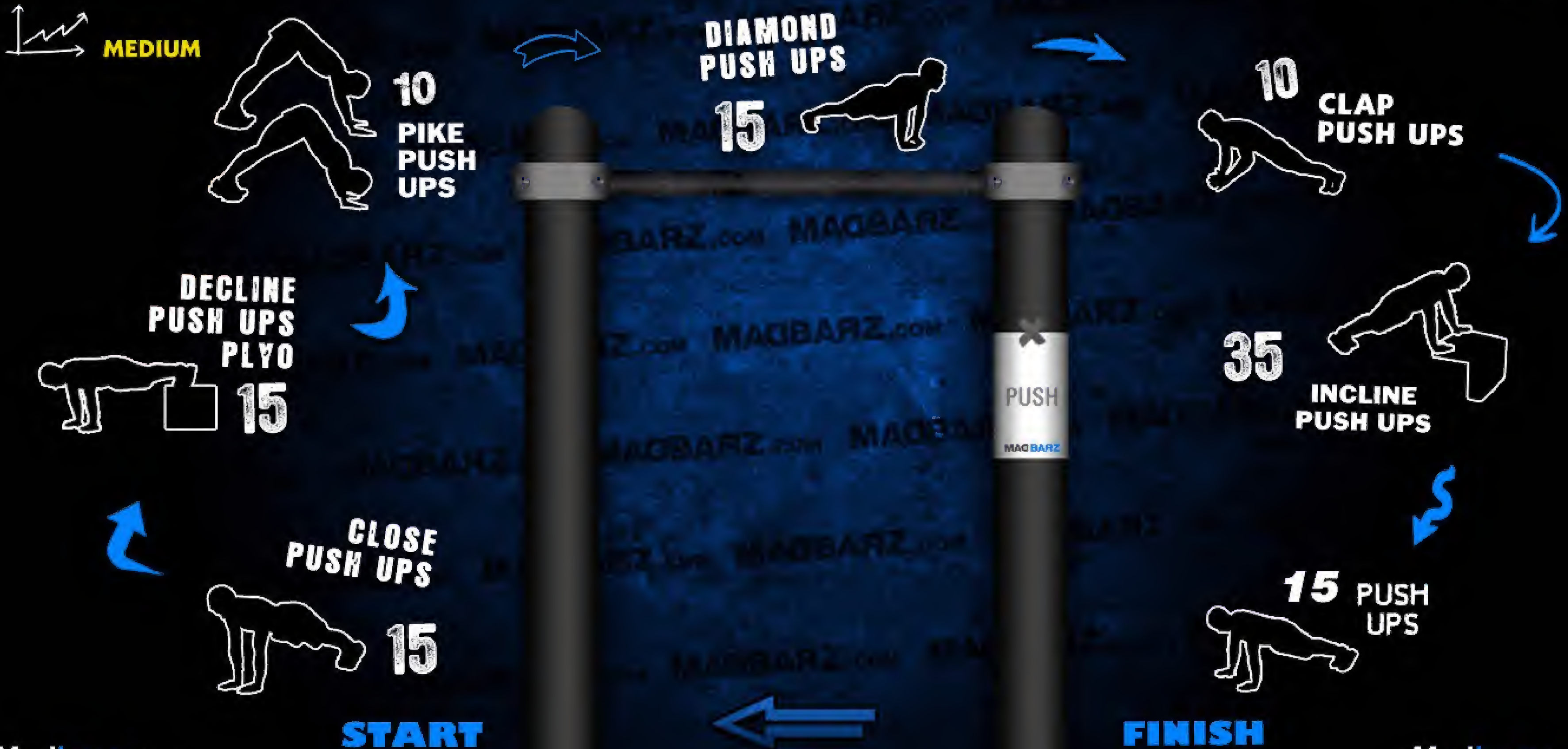














**PUSH-UP HELL ROUTINE**  
by MARGARET MARY

**DO 3 CYCLES**

2 MIN REST BETWEEN  
EACH CYCLE AND 30 SEC  
REST BETWEEN EXERCISES



**START**

**FINISH**



# SHOULDER ROUTINE

by MADBARZ.COM

## DO 4 CYCLES

MINIMUM REST BETWEEN EXERCISES, 3 MIN REST AFTER EACH CYCLE

### MADBARZ

GLOBAL STREET WORKOUT WEBSITE

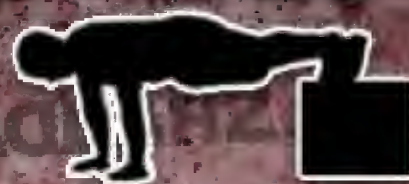
LEVEL MEDIUM



12  
TYPEWRITER  
PULL UPS!



15  
DECLINE  
PUSH UPS



20  
AUSTRALIAN  
PULL UPS



8  
KOREAN  
DIPS!



DIPS !!  
15



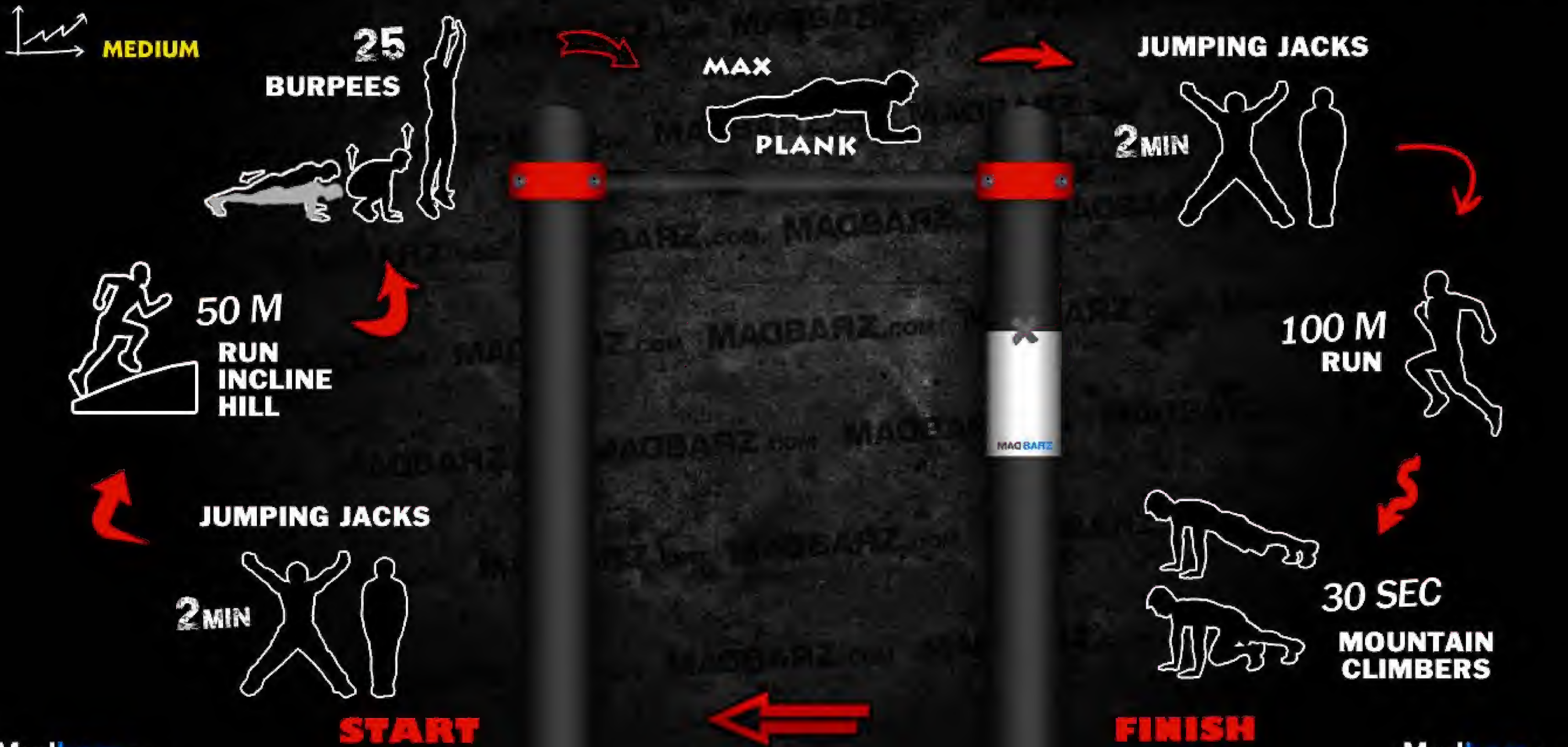
L-SIT!  
25 SEC



START

FINISH







# TRAPEZIUS ROUTINE

by MADBARZ.COM

## DO 5 CYCLES

2 MIN REST BETWEEN EACH CYCLE AND 45 SEC REST BETWEEN EXERCISES





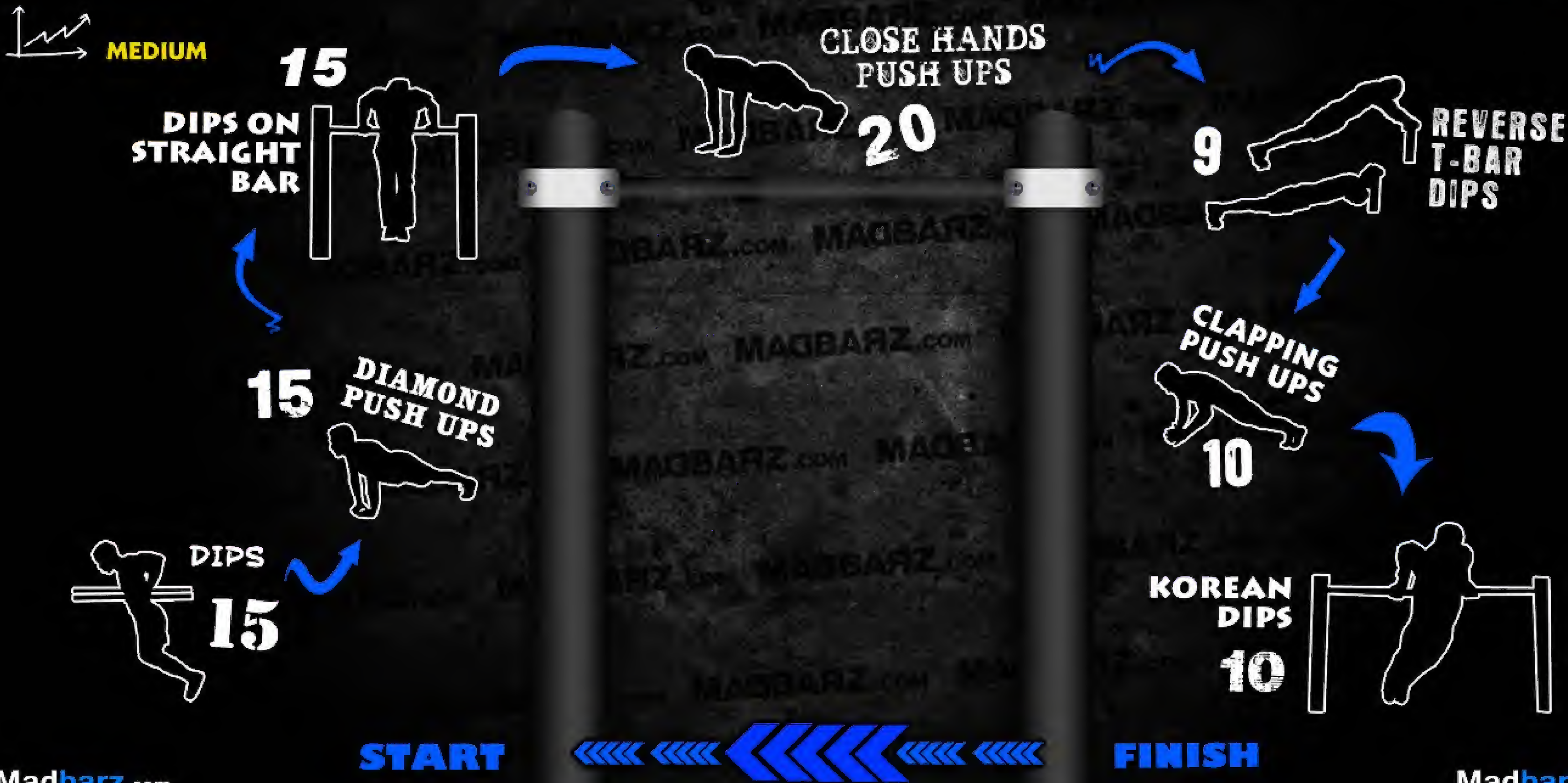
# TRICEPS ROUTINE

by MADBARZ.COM

## DO 3-4 CYCLES

3 MIN REST BETWEEN  
CYCLES AND MINIMUM REST  
BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE





**UPPER BACK, BICEPS, ABS**  
by EDDY CONDE

**DO 3-5 CYCLES**

3 MIN REST BETWEEN  
EACH CYCLE AND NO  
REST BETWEEN EXERCISES





# UPPER BODY

by LADA PRIDAL

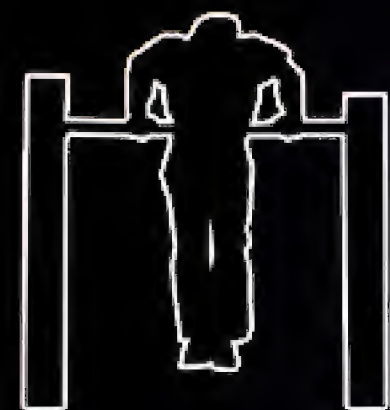
## DO 3-5 CYCLES

3 MIN REST BETWEEN  
CYCLES AND MINIMUM REST  
BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



MEDIUM



**20**  
DIPS ON  
STRAIGHT  
BAR



**20**  
DIPS



PUSH UPS  
ON HANDLES

**20**



**20**

INCLINE  
PUSH UPS



**20**  
PULL UPS

REVERSE  
T-BAR DIPS

**20**



START



FINISH



# UPPER BODY ROUTINE

by XIONE CALISTHENICS

DO 1 CYCLE

4 MIN REST  
BETWEEN EXERCISES





# UPPER BODY ROUTINE

by PAVLE DJURDJEVIC

## DO 3-5 CYCLES

3 MIN REST BETWEEN  
CYCLES AND 15 SEC REST  
BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



MEDIUM



60  
SEC

PLANK



DIPS

15

30  
sec



L SIT  
HOLD



CHIN UPS

10



KOREAN  
DIPS

10



LEG  
RAISES

12

START

FINISH



30,000  
10,000,000,000

DO 3 CYCLES

DO NOT  
DO NOT  
DO NOT

MADBARZ



Hard

**b**  
Brahim Pixel

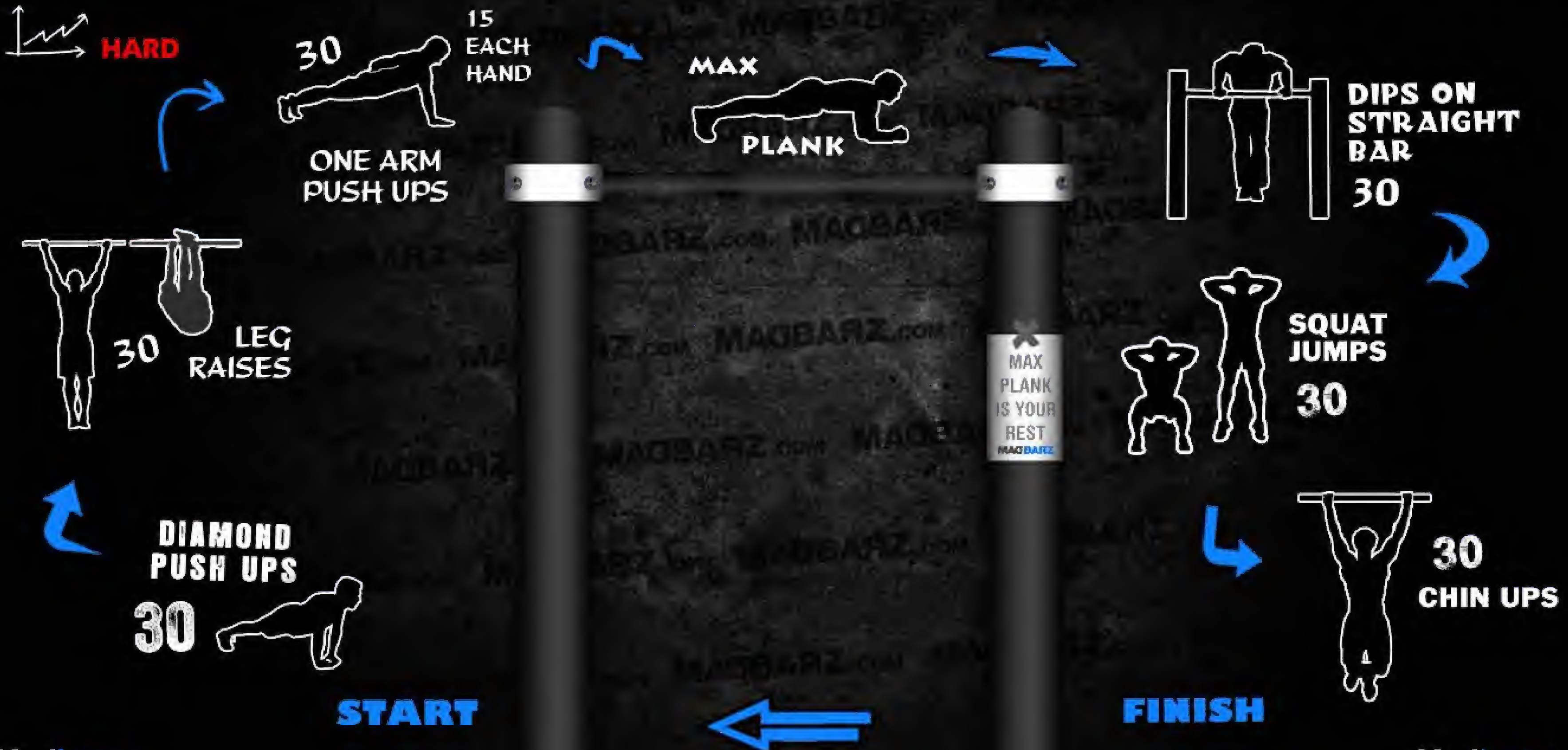


**MADBARZ**



# DO 3 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND NO  
REST BETWEEN EXERCISES





# ABS - 8 PACK!

by PETAR BRUNO BASIC

## DO 2 CYCLES

7 MIN REST BETWEEN CYCLES AND 1 MIN REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE





# AZTEC PUSH UP

by AHMED VALENTINO KERIGO

## DO 3 CYCLES

5 - 6 MIN REST BETWEEN CYCLES AND 40 - 50 SEC REST BETWEEN EXERCISES



 **HARD**



**START** <<<<<<<<

<<<<<<<< **FINISH**







# FLYING SUPERMAN

by DEJAN STIPKE STIPIC

DO 5-7 CYCLES

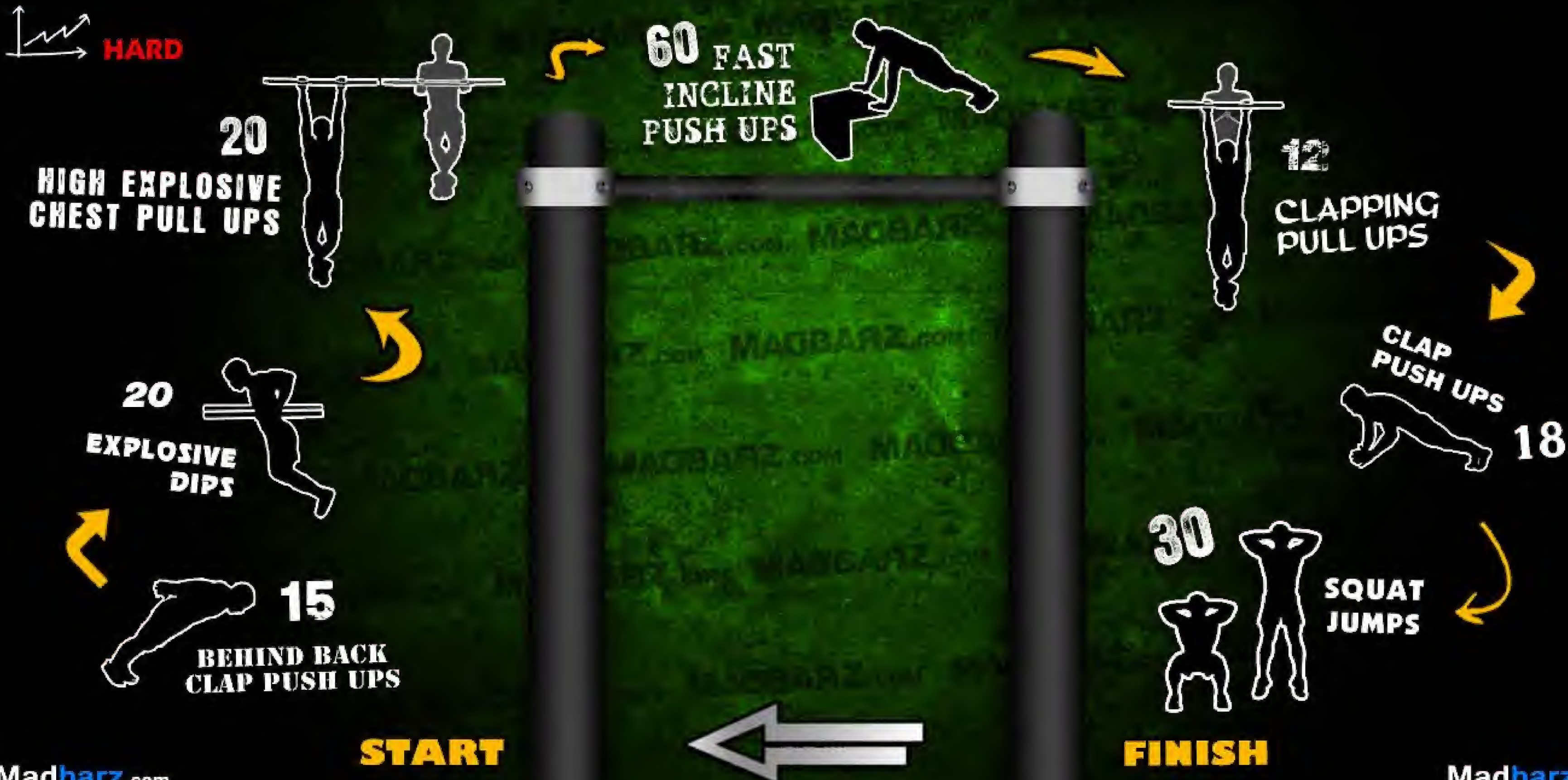
3 MIN REST BETWEEN EACH CYCLE AND MINIMUM REST BETWEEN EXERCISES













# MAX REP HELL

by KYLE HARTZENBERG

TRICEPS  
AND  
CORE

## DO 5 CYCLES

1 MIN REST BETWEEN  
CYCLES AND NO REST  
BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE



**HARD**

**MAX** **LEG  
RAISES**



**DIAMOND  
PUSH UPS**



**WINDSHIELD  
WIPERS**



**MAX**

**MAX**

**REVERSE  
T-BAR  
DIPS**



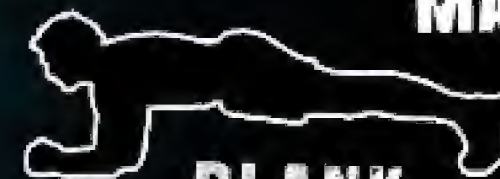
**DIPS**

**MAX**



**PLANK**

**MAX**



**START**

**FINISH**





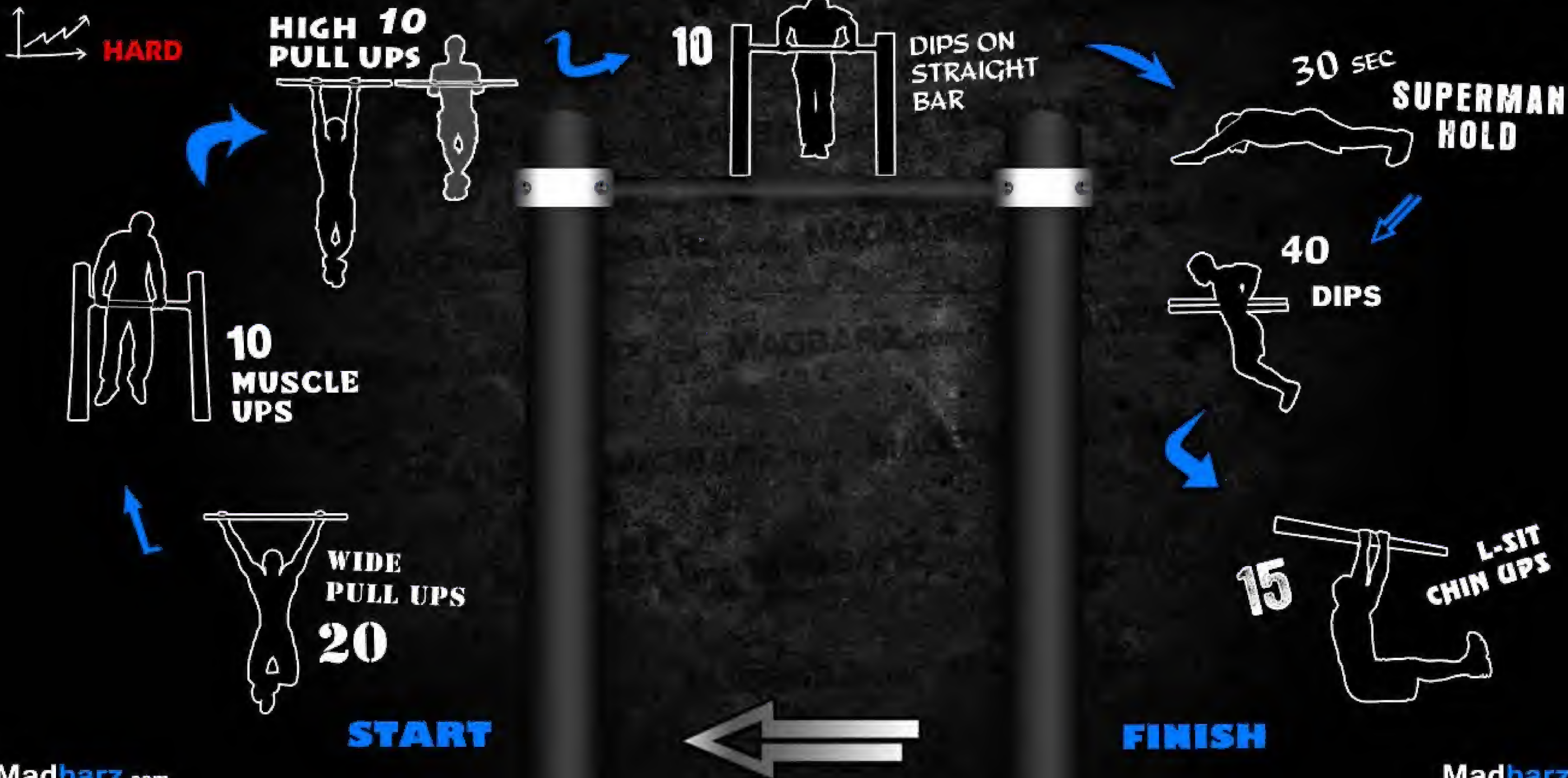
# MUSCLE UP - BOOST

by MADBARZ.COM

## DO 5 CYCLES

MINIMUM REST BETWEEN  
EACH CYCLE AND MINIMUM  
REST BETWEEN EXERCISES

**MADBARZ**  
GLOBAL STREET WORKOUT WEBSITE





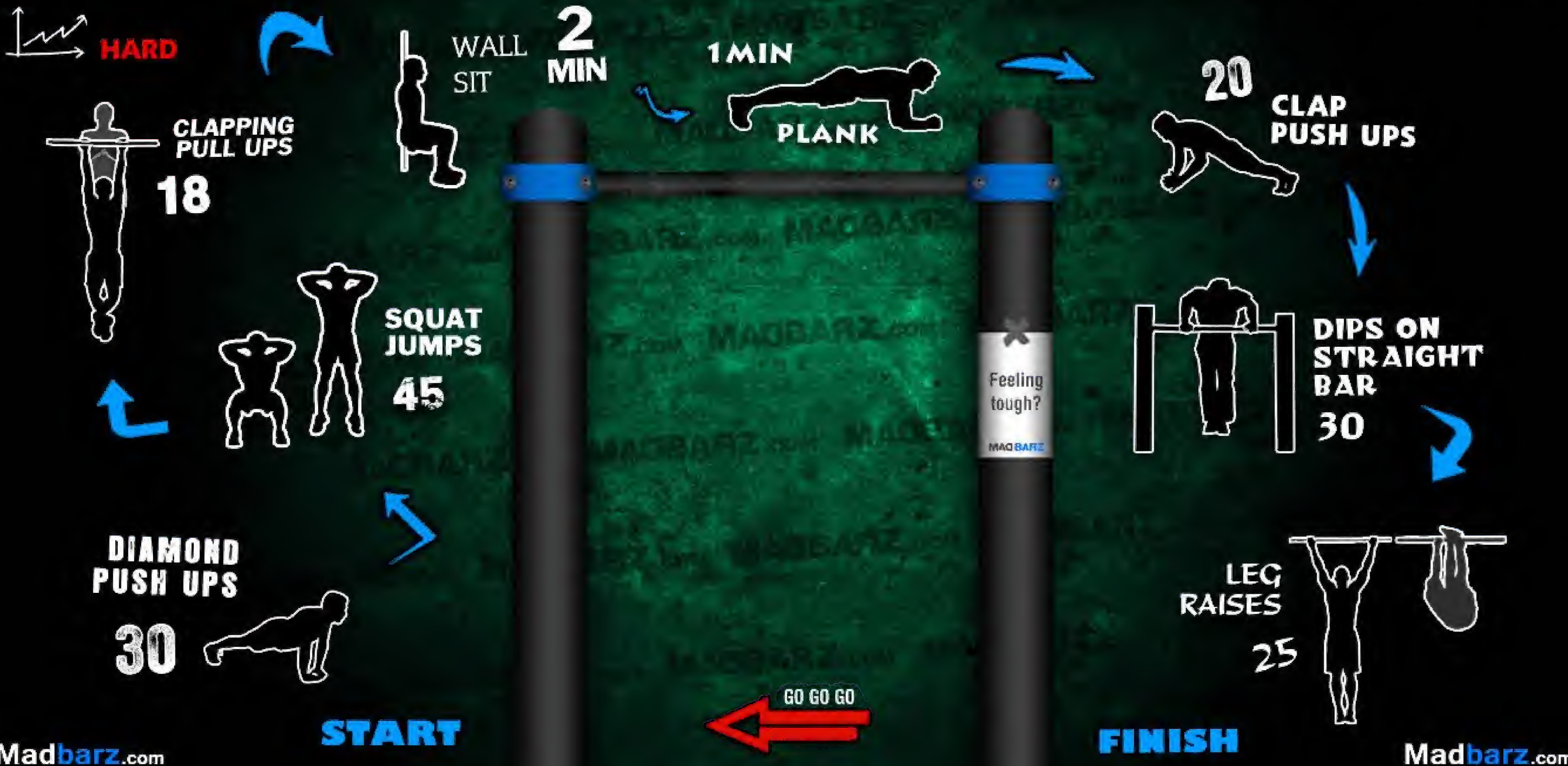
# PIECE OF CAKE

by MADBARZ.COM

## DO 4 CYCLES

3 MIN REST BETWEEN  
EACH CYCLE AND 30 SEC  
REST BETWEEN EXERCISES

**MADBARZ**  
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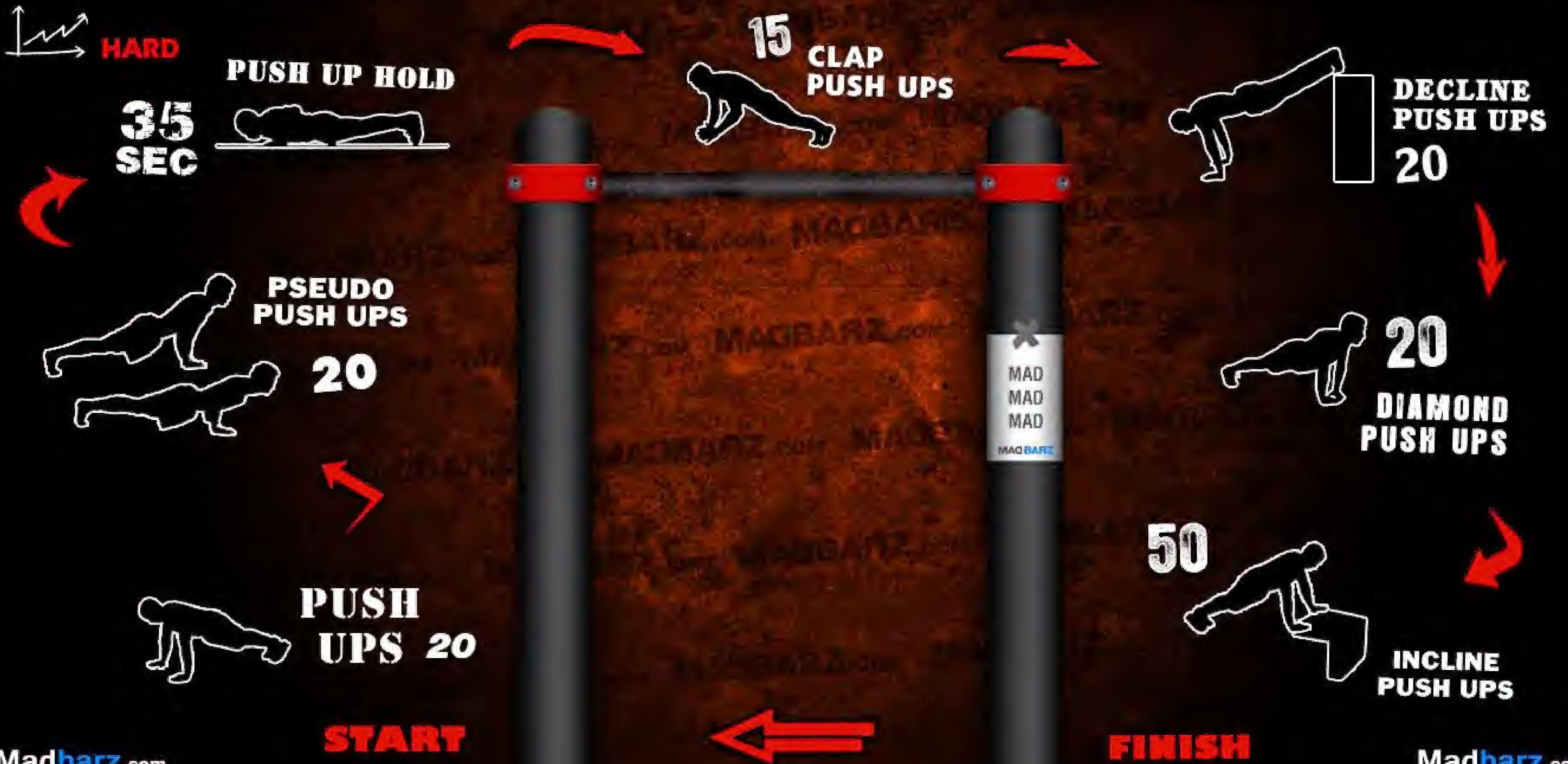
# PUSH UP ROUTINE

by MADBARZ.COM

## DO 3 CYCLES

3 MIN REST BETWEEN EACH CYCLE AND 30 SEC REST BETWEEN EXERCISES

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**SHOULDER DEMOLITION**  
by LUIS RODRIGUES

**DO 5 CYCLES**

2 MIN REST BETWEEN  
EACH CYCLE AND **MINIMUM**  
REST BETWEEN EXERCISES



 **HARD**

**10 PIKE PRESSES ELEVATED FEET**



**HINDU PUSH UPS**



**10**

**HANDSTAND HOLD 1min**



**DECLINE PUSH UPS PLYO 15**



**10 HANDSTAND PUSH UPS**



**START**

**FINISH**





**STRENGTH CONTROL**  
by JORDAN HILL

**DO 3 CYCLES**

**NO REST BETWEEN  
EACH CYCLE AND 30 SEC  
REST BETWEEN EXERCISES**



 **HARD**

**FRONT  
LEVER  
HOLD**  
5 SEC



**BENT  
ARM  
PLANCHE  
HOLD**  
15 SEC



**HANDSTAND  
HOLD**  
30 SEC



**7 SEC  
HUMAN  
FLAG  
HOLD**



**3  
VERY SLOW  
MUSCLE  
UPS**



**10 SEC  
BACK  
LEVER  
HOLD**



**VERY SLOW DIPS**  
10



**PULL UP  
HOLD**  
30 SEC

chin  
above  
bar



**START**

**FINISH**



# TURTLE BACK ROUTINE

by NIK HOCEVAR

DO 2-3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 5MIN REST AFTER EACH CYCLE

MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL **HARD**





# UPPER BODY ROUTINE

by DUSAN DJOLEVIC

## DO 10 CYCLES

1 MIN REST BETWEEN  
CYCLES AND MINIMUM REST  
BETWEEN EXERCISES

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